

### **If you are in danger...**

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- Keep your phone nearby.
- Know numbers to call for help.
- Call 911 if it feels safe to do so.
- Do whatever you must do to stay as safe as you can—which could be doing what your partner wants.
- Stay close to an exit so you're not trapped.
- Use your instincts and judgment.

*If you were hurt...get medical care, especially if it's urgent!*

### **Were you hit or hurt in the head? Or choked or strangled?**

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Your brain might have been injured in ways you can't see. If it's hard to breathe, swallow or talk, see a doctor. Down the road head injuries can cause problems with your thinking, emotions, and affect your body too.

### **For 24/7 confidential help:**

**National Domestic Violence Hotline**  
**800-799-SAFE (7233)**  
or chat at  
[www.thehotline.org](http://www.thehotline.org)

### **Domestic violence programs can:**

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- Provide support 24/7 through their hotline
- Provide a safe place to stay
- Help you think through your safety plan
- Connect you to resources
- Explain legal rights and options

### **For additional help:**

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To find your local DV program, call ODNV at **800-934-9840** or [www.odvn.org/](http://www.odvn.org/).

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## You can develop a safety plan by thinking about...

- **When and where are you in danger?** Is it at home, work, daycare, appointments, or somewhere else? Plan for what to do, who to turn to, where to go, and how to escape.
- **If you live with your partner, when do you feel unsafe? What might help you feel safer?** Consider leaving home at certain times or having someone come over.
- **If you are leaving your partner, what do you need to take that would be hard to replace or get later?** ID, phone, money, credit cards, birth certificates, keys, medications, communication or medical devices, immigration or legal documents, or comfort items.
- **Where will you go if you leave or if there is an emergency?** Friends, family, a hotel, or a shelter? Have more than one option if you can!
- **Will your partner harm or track you through technology?** Do they have your passwords? People can easily be tracked through electronic devices, including phones, tablets, and computers.
  - **How are you doing emotionally? That matters too!** Abuse makes people feel ashamed, confused, doubt themselves, and deny how bad things are. Never forget how strong you are to have survived so far.
  - **Can you talk with someone you trust?** Consider developing a code word or signal if you need to call for help.
  - **What about money?** Do you have access to money? Can your partner sabotage your finances?
  - **How can you support your children?** Where should they go if violence happens (a room in the house, the neighbors, etc.) Decide if you want them to call 911 and if so, show them how. If your partner has visitation, how can that be safer? (exchange children with others present, in a public place, etc.)



A **safety plan** is made up of ways to **help you be safer** when you are in an abusive relationship. It is **unique to you and your situation** and it **changes as life changes**.